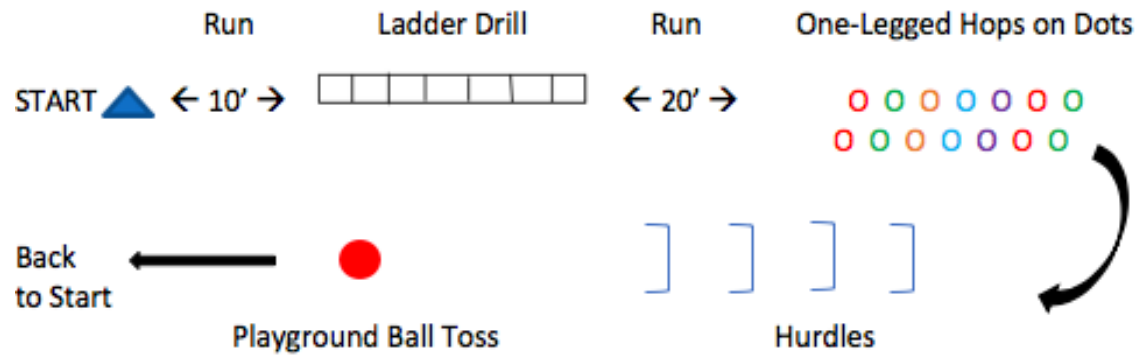


<b>Class Equipment List</b>	<u><b>Fitness Stations &amp; Game</b></u> <ul style="list-style-type: none"> <li>• 4 Tall Cones</li> <li>• 4 Sandbells</li> <li>• Dodgeballs (1 per pair)</li> </ul>	<u><b>Obstacle Course</b></u> <ul style="list-style-type: none"> <li>• 1 Short Cone</li> <li>• 1 Agility Ladder</li> <li>• 14 Dots/Poly Spots</li> <li>• 4 Hurdles</li> <li>• 1 Playground Ball</li> </ul>	<u><b>PE Game</b></u> <ul style="list-style-type: none"> <li>• 2–3 Dodgeballs</li> <li>• Dots/Poly Spots</li> </ul>
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<b>Warm-Ups (5 min.):</b> Mark start and end points 25 yards apart and have players go down and back.	
	<p> <b>Warm-Up 1:</b> Skip Forward and Backwards  <b>Warm-Up 2:</b> Side Shuffle  <b>Warm-Up 3:</b> Butt Kickers  <b>Warm-Up 4:</b> Sprint         </p>

<b>Fitness Stations &amp; Game (20 min.)</b>	
<b>Stations (10 min.)</b>	<p> <b>Station 1:</b> Squat Jumps  <b>Station 2:</b> Speed Side Shuffle  <b>Station 3:</b> Tic Tocs  <b>Station 4:</b> Back Lunges w/Sandbells         </p> <ul style="list-style-type: none"> <li>• Use 4 tall cones to designate 4 stations. Stations should be approximately 25 feet apart.</li> <li>• Divide the players into 4 small groups—1 group per station.</li> <li>• All players begin at the same time by performing the fitness skill at their station for 30 seconds. When time is up, players can rotate by skipping, jogging, hopping, or running to the next station.</li> <li>• Players should complete each station at least 3 times.</li> </ul>
<b>Game (10 min.)</b>	<p style="text-align: center;"><b>Head, Shoulders, Knees, Toes, Ball!</b></p> <ul style="list-style-type: none"> <li>• Players divide into pairs.</li> <li>• Place a ball in the middle of each pair.</li> <li>• Coach will say, “head,” “shoulders,” “knees,” or “toes” in any order.</li> <li>• Players should touch whichever part of their body the coach calls out.</li> <li>• When the coach yells, “Ball!” players race to grab the ball.</li> <li>• The first player to grab the ball calls out an exercise for the other player to do 5 times.</li> <li>• Repeat for time.</li> </ul> <p>* Coach should encourage students to pick different exercises.</p>

<b>Obstacle Course (15 min.)</b>	
<b>Setup and Instructions</b>	<p>Set up obstacle course or relay in a space that accommodates the size of the group. Use the diagram below when setting up.</p> <p>Form one line behind the start cone. One player at a time completes this course. Players start by running up to the ladder and jumping in and out of the ladder for the full length of the ladder. Next, players hop from dot to dot on one foot following the zig-zag pattern—staying on the same foot. Then, players jump sideways over the hurdles. After the last hurdle, the coach tosses a playground ball to the player, and the player must jump up and try to catch the ball while in midair and toss it back to the coach before landing. Players return to the start line to repeat the course. Players should complete course at least twice.</p>
<b>Diagram</b>	

<b>PE Game: Pacman Tag (15 min.)</b>	
<b>Setup</b>	<p>If no basketball court with lines on the ground is available, use dots/poly spots to make a rectangle with some 2–3 lines connecting the sides of the rectangle.</p>
<b>Game Instructions</b>	<p>Goal of the game: Practice locomotor skills while running on lines.</p> <ul style="list-style-type: none"> <li>• Choose 2–3 players to start off as “it” or the “Pac” people. These players will carry the dodgeballs. During the game they cannot throw the balls.</li> <li>• All players, including the players who are “it,” have to run and move on the lines. Players can travel in any direction but are not allowed to jump lines.</li> <li>• To get to another line, players must run until they come to an intersection with another line.</li> <li>• Taggers tag others with the ball. When a player gets tagged, they sit down on the line and become a barrier. Only “Pac” people can run past a sitting player.</li> <li>• Game continues until all players have been tagged.</li> <li>• Variations: When players are tagged, they can become a temporary road block. The tagged player performs an exercise for a count of 10 (e.g., 10 sit ups, 10 push-ups, 10 squats, etc.).</li> </ul>

	When tagged, no one can pass the player doing the exercise except the “Pac” people.
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<b>Mindfulness (45 sec.)</b>	
<b>Setup</b>	Group students at arm’s length from one another. Students should be calm and quiet before beginning. Conduct the activity for 45 seconds.
<b>Mindfulness Practice</b>	<p style="text-align: center;"><b>4-7-8 Breath</b></p> <p>Have the students find any comfortable seated position. Instruct them to keep their tongue pressed against the back of their top teeth during the entire sequence of breathing.</p> <p>Then instruct them to:</p> <ul style="list-style-type: none"> <li>• Exhale through the mouth and then close the mouth.</li> <li>• Breath in through the nose for a count of 4.</li> <li>• Hold their breath for a count of 7.</li> <li>• Exhale through their mouth (with whooshing sound) for a count of 8.</li> <li>• Close the mouth and repeat all steps x 4.</li> </ul>

<b>Stretching (5 min.):</b> Please choose the Yoga Stretches or Cooldown Stretches below to finish class, or if time permits you can do both.	
<b>Setup</b>	Group students at arm’s length from one another. Students should be calm and quiet before beginning.
	1 breath = 4 counts in, 4 counts out. Start each sequence with 2–3 rounds of breathing.
<b>Yoga Stretches</b>	<p>1. Wide-Legged Forward Fold</p> <ul style="list-style-type: none"> <li>• Interlace the hands behind the back.</li> <li>• Step your feet wide apart.</li> <li>• Turn your toes slightly in and your heels slightly out.</li> <li>• Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling.</li> <li>• Exhaling, fold forward at the hips.</li> <li>• Gently drop your head.</li> <li>• Bring your hands to rest on the floor between your legs.</li> </ul> <p>Take 10 breaths total, gently, slowly moving side to side like a pendulum.</p> <p>2. Malasan (Yogi’s Squat)</p> <ul style="list-style-type: none"> <li>• Squat with your feet as close together as possible. (Keep your heels on the floor if you can; otherwise, support them on a folded mat, rug, or towel.)</li> <li>• Separate your thighs slightly wider than your torso.</li> </ul>

	<ul style="list-style-type: none"> <li>• Exhaling, lean your torso forward and fit it snugly between your thighs.</li> <li>• Press your elbows against your inner knees and resist the knees into the elbows.</li> </ul> <p>Hold for 8 breaths.</p> <p>3. Supine Spinal Twist</p> <ul style="list-style-type: none"> <li>• From a supine position (lying on the back), bend the left knee and cross it outside of the right foot.</li> <li>• Use your hand to put slight pressure on the left knee to push it toward the floor.</li> <li>• Keep both shoulders squared and rooted to the floor.</li> <li>• Extend the arms to a T, perpendicular to the torso.</li> <li>• Turn the head so the eyes can see to the left.</li> </ul> <p>Take 5 breaths and repeat on the opposite side (right knee crossed outside the left foot, head turned so eyes can see to the right) for 5 breaths.</p>
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<b>Cooldown Stretches (5 min.)</b>	
<b>Setup</b>	Group students at arm's length from one another. Complete each stretch twice.
<b>Cooldown Stretches</b>	<p>1. Flamingo Stretch</p> <ul style="list-style-type: none"> <li>• Stand on one leg. Grab the ankle of the opposite leg to stretch quad. Hold for 30 seconds. Switch sides and repeat.</li> </ul> <p>2. Toe Touch</p> <ul style="list-style-type: none"> <li>• With straight legs and feet pointed forward, reach down as far as possible to touch your toes. Hold for 30 seconds.</li> </ul> <p>3. Side Reach</p> <ul style="list-style-type: none"> <li>• Raise your hands in the air and reach to one side. Hold for 30 seconds. Repeat with opposite side.</li> </ul> <p>4. Toe Touch Twists</p> <ul style="list-style-type: none"> <li>• With your feet wide, touch your right hand to your left foot and twist your left arm to the sky. Hold for 30 seconds. Switch sides and repeat.</li> </ul>